

# **CITY OF PETERBOROUGH SWIMMING CLUB**

**LICENSED OPEN MEET (2ER11XX)  
(Under ASA Laws and ASA Technical Rules of Swimming)**

**Friday 30<sup>th</sup> March, Saturday 31<sup>st</sup> March and Sunday 1<sup>st</sup> April 2012**

**The Regional Fitness and Swimming Centre, Bishops Road, Peterborough**

**This event is licensed by the ASA for entry into National  
and Regional Championships**

Please find attached, details of our Licensed Open Meet in which we hope you will be able to take part.

We have obtained Level 2 Licensing in order to give swimmers the opportunity to obtain National and Regional Qualifying Times and hope that by supporting this event you will achieve the success you strive for.

In addition to the programme of events we offer:

**25m 6-lane competition pool  
Anti-turbulence lane ropes  
Awards for top three swimmers in each age group  
Top visiting club award  
Overall Top Boy / Girl  
Swim shop  
Pool-side photography sales  
Free parking (subject to availability)  
Entry lists published on the website  
Results posted live on the web - downloadable PDF**

**Please join in what we hope will be an enjoyable and entertaining three-day event.**

For further information please contact the promoter:

Matt Newton  
Regional Fitness and Swimming Centre  
Bishops Road  
Peterborough  
PE1 5BW

Telephone: 07508948664  
Email: matt.newton@copsclub.co.uk  
www.copsclub.co.uk

**City of Peterborough Swimming Club**  
**Licensed Open Meet 2012 (2ER11XX)**

**Programme of Events**

**DAY 1 - Friday 30<sup>th</sup> March 2012**

<b>Session 1 - Warm-up From 5.30pm for 6:20pm start</b>					
1	Male 400m I.M.	All Age Groups	3	Male 400m Freestyle	All Age Groups
2	Female 400m I.M.	All Age Groups	4	Female 400m Freestyle	All Age Groups

**DAY 2 - Saturday 31<sup>st</sup> March 2012**

<b>Session 2 - Warm-up 8.30am for 9.40am start</b>					
5	Male 200m I.M.	All Age Groups	9	Male 200m Butterfly	All Age Groups
6	Female 50m Butterfly	All Age Groups	10	Female 100m Backstroke	10-16+ years
7	Male 50 Backstroke	All Age Groups	11	Male 50m Freestyle	All Age Groups
8	Female 100m Breaststroke	10-16+ years			

<b>Session 3 - Warm-up and start TBA</b>					
12	Female 200m Backstroke	All Age Groups	15	Male 200m Breaststroke	All Age Groups
13	Male 100m Butterfly	11-16+ years	16	Female 200m Freestyle	All Age Groups
14	Female 50m Breaststroke	All Age Groups	17	Male 100m Freestyle	11-16+ years

**DAY 2 - Sunday 1<sup>st</sup> April 2012**

<b>Session 4 - Warm-up 8.30am for 9.40am start</b>					
18	Female 200m I.M.	All Age Groups	22	Female 200m Butterfly	All Age Groups
19	Male 200m Freestyle	All Age Groups	23	Male 100m Backstroke	11-16+ years
20	Female 50 Backstroke	All Age Groups	24	Female 50m Freestyle	All Age Groups
21	Male 100m Breaststroke	11-16+ years			

<b>Session 5 - Warm-up and start TBA</b>					
25	Male 200m Backstroke	All Age Groups	28	Female 200m Breaststroke	All Age Groups
26	Female 100m Butterfly	10-16+ years	29	Male 50m Butterfly	All Age Groups
27	Male 50m Breaststroke	All Age Groups	30	Female 100m Freestyle	10-16+ years

**Age groups for events are: Age at 1<sup>st</sup> April 2012**

50m, 200m and 400m events    All Age Groups  
 100m events \*                    Female - 10-16+ years  
     Male - 11-16+ years

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**LICENSED OPEN MEET (2ER11XX)**  
**Friday 30<sup>th</sup> March, Saturday 31<sup>st</sup> March and Sunday 1<sup>st</sup> April 2012**

**MEET CONDITIONS AND RULES**

1. The competition will be held under ASA Laws and ASA Technical Rules of Swimming and the event is **LICENSED** by the ASA for entry into National and Regional Championships. Officials will be from National and Regional lists of the ASA.
2. The ASA License number is **2ER11XX**
3. Age as at **1<sup>st</sup> April 2012**
4. The events are:

50m	All 4 Strokes	All Age Groups
100m (Boys)	All 4 strokes	11yrs-16+yrs
100m (Girls)	All 4 strokes	10yrs-16+yrs
200m	All 4 strokes	All Age Groups
200m Individual Medley		All Age Groups
400m Freestyle		All Age Groups
400m Individual Medley		All Age Groups
5. The age groups are
  - a. 100m events Boys 11yrs and under, 12yrs, 13yrs, 14yrs, 15yrs, and 16+yrs
  - b. 100m events Girls 10yrs and under, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, and 16+yrs
  - c. All other events 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, and 16+yrs
6. All events are heat declared winner.
7. Awards will be given to the top 3 placed swimmers in each age group in each individual event. There will be no presentations. Awards can be collected from the award collection point when the results have been announced.
8. In addition to the individual awards there will be a Top Visiting Club Award and an Overall Top Boy and Top Girl Awards calculated by means of a points system i.e. BAGCAT points scoring system.
9. Heats will be swum with all age groups combined and swimmers seeded by entry times. All heats will be spearheaded.
10. Over the top starts will be used at the promoter's discretion.
11. Pool length is 25m (6 lanes) and is equipped with electronic timing and anti-wave lane ropes. All events start and finish at the deep end of the pool.
12. All entries: Entry times should be converted to 25m pool times. Entries will only be accepted from swimmers who have achieved the Qualifying Times. No entries will be accepted after the closing date or during the meet unless due to promoters error or omission. (Cheques payable to City of Peterborough SC please).

13. Entry Fees: The entry fee is £5.00 per event, club entries completed electronically attract a discounted entry rate of £4.50 per event. All paper entries must be on the official form (photocopies accepted) and must include the entrants ASA Identity Number together with all entry fees. Entries completed electronically must be submitted by email to the promoter, please follow guidelines which can be found in the zip file on our website.  
**NB. For electronic entries, please follow guidelines which can be found in a downloadable zip file available from [www.copsclub.co.uk](http://www.copsclub.co.uk).**
14. Entries will be accepted until the final closing date of **Monday 13<sup>th</sup> February 2012**. Dependent on the number of entries, the promoter reserves the right to reject the slowest competitors. Confirmation of any entry will be posted on [www.copsclub.co.uk](http://www.copsclub.co.uk). No entry may be accepted if the competitor is eligible for their home county championships on the same weekend.
15. This will be a card-less meet. No cards will be issued prior to the event; the confirmation of entry will be posted on the Club's website ([www.copsclub.co.uk](http://www.copsclub.co.uk)). **Please check this for accuracy and contact the promoter if any alterations need to be made.**
16. Competitors must 'sign-in' for **each event** entered. Registration closes 20 minutes after the commencement of warm-up for each session, Except on Friday when it closes 10 minutes after warm-up commences.
17. Competitors **must** report to the Competitors Stewards when called. Any competitor not reporting on time for their event may be excluded from that event.
18. Competitors will only be allowed on poolside for the session in which they are competing and will only be allowed in the spectator area if wearing appropriate clothing and footwear.
19. Coaches' passes are available to coaches supporting competing swimmers at a cost of £12 (3 days) no food, £20 (3 days) with food, £7 (one day) no food or £10 (one day) with food. The passes include a programme, but not meals. Maximum of 2 coaches passes per club. **No person will be allowed on poolside without a pass.** Only competing swimmers and officials will be allowed in the area behind the starting blocks at the deep end of the pool.
20. Result sheets will be posted on poolside and the spectator area on the day and will be available to download from [www.copsclub.co.uk](http://www.copsclub.co.uk) after the event.
21. Spectator entry is with identifying band or badge which must be worn at all times and shown on re-entry to the spectator area. Spectator admission charges are:
- |                  |             |  |
|------------------|-------------|--|
| <b>Friday</b>    | One session | £2.00  |
| <b>Saturday</b>  | One session | £3.00  |
|                  | All day     | £5.00  |
| <b>Sunday</b>    | One session | £3.00  |
|                  | All day     | £5.00  |
| <b>Programme</b> |             | £3.00 (Saturday and Sunday)<br>(Friday evening programme FREE) |
22. The City of Peterborough Swimming Club, Peterborough City Council or Vivacity shall not be held responsible for loss or damage to spectators or competitor's property. Competitors are advised to use the lockers in the changing rooms and not to leave belongings unattended.
23. Anything not covered in the above rules will be at the discretion of the promoters.

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**LICENSED OPEN MEET (2ER11XX)**  
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**Qualifying Times**

Boys										Girls							
9	10	11	12	13	14	15	16 & over	EVENT	9	10	11	12	13	14	15	16 & over	
42.10	39.30	37.20	35.10	33.10	31.30	29.90	27.40	50m Freestyle	42.60	39.90	37.70	35.70	34.30	33.30	32.50	30.50	
		01:20.60	01:15.70	01:11.10	01:07.30	01:04.60	01:00.20	100m Freestyle		01:27.60	01:21.30	01:16.60	01:13.50	01:11.30	01:09.90	01:07.10	
03:22.80	03:06.00	02:54.80	02:44.70	02:35.00	02:26.60	02:20.80	02:12.90	200m Freestyle	03:24.50	03:06.80	02:55.40	02:44.90	02:38.00	02:33.50	02:30.20	02:26.10	
07:20.60	06:31.80	06:06.00	05:46.00	05:26.80	05:10.40	04:57.50	04:42.50	400m Freestyle	07:25.40	06:35.70	06:04.90	05:43.70	05:29.80	05:20.80	05:13.80	05:07.20	
55.10	51.30	48.00	45.10	41.90	39.60	37.70	34.40	50m Breaststroke	55.90	51.70	48.30	45.40	43.20	41.80	40.80	38.50	
		01:43.40	01:36.90	01:30.10	01:25.10	01:21.00	01:15.00	100m Breaststroke		01:52.50	01:43.50	01:37.30	01:32.30	01:28.70	01:27.10	01:23.20	
04:17.80	03:59.00	03:42.40	03:29.20	03:15.30	03:03.90	02:55.80	02:42.30	200m Breaststroke	04:20.00	03:59.50	03:42.10	03:28.80	03:18.20	03:11.50	03:07.90	02:58.70	
47.40	43.80	41.00	38.80	36.40	34.30	32.50	29.60	50m Butterfly	47.90	43.90	41.30	39.10	37.30	36.10	35.20	32.70	
		01:30.40	01:24.60	01:19.10	01:14.40	01:10.70	01:05.10	100m Butterfly		01:39.30	01:30.90	01:24.90	01:21.20	01:18.30	01:16.90	01:12.20	
04:08.30	03:37.30	03:18.20	03:06.60	02:54.70	02:44.70	02:35.50	02:24.40	200m Butterfly	04:11.00	03:40.00	03:20.20	03:06.40	02:57.30	02:51.00	02:46.90	02:39.00	
48.60	45.10	42.50	40.30	37.60	35.80	33.90	30.40	50m Backstroke	48.90	45.30	42.70	40.50	38.70	37.50	36.80	34.40	
		01:30.50	01:25.20	01:19.70	01:15.00	01:11.50	01:05.40	100m Backstroke		01:38.50	01:31.00	01:25.30	01:21.40	01:19.00	01:17.10	01:13.60	
03:43.80	03:26.70	03:13.30	03:02.60	02:51.10	02:41.40	02:34.30	02:22.90	200m Backstroke	03:46.20	03:28.70	03:12.50	03:01.70	02:54.30	02:49.20	02:44.80	02:38.30	
03:49.70	03:32.20	03:17.60	03:06.80	02:55.80	02:45.30	02:38.20	02:27.60	200m Individual Medley	03:51.60	03:32.70	03:17.90	03:06.30	02:58.80	02:53.10	02:49.50	02:44.20	
08:15.60	07:35.60	06:59.70	06:34.30	06:12.00	05:50.30	05:34.60	05:14.90	400m Individual Medley	08:12.30	07:35.30	06:57.30	06:32.00	06:14.40	06:03.10	05:55.80	05:44.50	

Based on the ASA Minimum Qualifying Standards for Level 2 Meet

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The Regional Fitness and Swimming Centre,

Bishops Road, Peterborough

on Friday 30<sup>th</sup> March, Saturday 31<sup>st</sup> March and Sunday 1<sup>st</sup> April 2012

**CLUBS ELECTRONIC ENTRY: [www.copsclub.co.uk/copsopen2012](http://www.copsclub.co.uk/copsopen2012)**

**Entry Form**

<b>Swimmers Name:</b>		<b>Date of Birth:</b>	
<b>ASA Registration Number:</b>		<b>Sex:</b>	Male / Female
<b>Club:</b>			
<b>Address:</b>			
<b>Post Code:</b>		<b>Telephone No:</b>	
<b>Email address:</b>			

Event	Entry time	Event	Entry time
50m Freestyle		50m Backstroke	
100m Freestyle *		100m Backstroke *	
200m Freestyle		200m Backstroke	
400m Freestyle		50m Butterfly	
50m Breaststroke		100m Butterfly *	
100m Breaststroke *		200m Butterfly	
200m Breaststroke		200m I.M.	
<i>* Check age restrictions</i>		400M I.M.	
Total no of entries		@ £5.00 Total	£

**I certify that the above details are correct and that I will abide by the promoter's conditions.**

<b>Swimmer's Signature</b>		<b>Date:</b>	
<b>I certify that the above details are correct</b>			
<b>Club Official:</b>		<b>Date:</b>	

Return completed form and entry fee:  
Matt Newton,  
Regional Fitness and Swimming Centre,  
Bishops Road,  
Peterborough,  
PE1 5BW

Cheques payable to 'City of Peterborough SC'

Late or incomplete entries will not be accepted.

Coaches Passes	No.	Total
@ £12 Saturday & Sunday (no food)		
@ £20 Saturday & Sunday (with food)		
@ £7 Saturday Only (no food)		
@ £10 Saturday Only (with food)		
@ £7 Sunday Only (no food)		
@ £10 Sunday Only (with food)		
Friday evening pass (FREE)		
(All coaches passes includes a programme)		

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**OFFICIALS**

Are you an official registered with the ASA? Are you willing to officiate at our open meet?

Your help would be very much appreciated.

(Refreshments will be provided and payment for travel expenses will be offered)

If you are able to assist please complete the form below and return it by 28<sup>th</sup> February 2012 to:

**Nigel.Brigham@copsclub.co.uk**

Regional Fitness and Swimming Centre Bishops Road Peterborough PE1 5BW
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Position	Session 1	Session 2	Session 3	Session 4	Session 5
	30 <sup>th</sup> March	31 <sup>st</sup> March	31 <sup>st</sup> March	1 <sup>st</sup> April	1 <sup>st</sup> April
Referee	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Starter	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Judge II	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Judge I	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
Timekeeper	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

**You details please:**

Name:	
Address:	
ASA Registration No:	
Telephone Number:	
Club:	
Email address:	